

ColonMove

Health professionals understand the importance of a healthy and moving colon. This primary elimination pathway is key to an effective healing strategy. The synergistic ingredients in **ColonMove** have been spagyrically activated and combined to give you an effective tool to nurture normal bowel function, cleanse the colon and ease abdominal bloating and constipation. It is also important to note the antispasmodic, antioxidant and antibacterial properties of the **ColonMove**. It comes as a granule for ease of use!

Ingredients

Senna Leaves (*Senna alexandrina*): Well known for its laxative and purgative action. Traditionally used to support constipation, cleanse the colon and as an anti-parasitic.

Fallax Bark (*Rhamnus alpinus*): Traditionally used as a laxative due to it containing hydroxyanthracene derivatives (emodin, dianthrone and anthraquinone). The bark is also used to assist the regularisation of intestinal transit and for digestive function.

Cascara Sagrada (*Rhamnus purshiana*): Known for its laxative effects due to it containing compounds called anthraquinones. These compounds inhibit the absorption of water and electrolytes in the intestines, increasing stool volume and stimulating peristalsis.

Coriander Fruit (*Coriandrum sativum* L.): Well known for its antispasmodic, antioxidant and antibacterial properties. It contains active phenolic acid compounds including caffeic and chlorogenic acid. The flavonoids include quercetin, keampferol, rhamnetin and apigenin. Most of these compounds are known to inhibit free radicals generated in the cellular system. Coriander also possesses hypoglycemic, hypolipidemic and antimutagenic properties.

Fennel Fruit (*Foeniculum vulgare*): This highly nutritious plant is known for its antioxidant, antimicrobial, antibacterial, antifungal and hepatoprotective properties. It has been used in traditional medicine to relieve gas and bloating as it acts as an anti-spasmodic agent in the colon. Fennel contains a high level of flavonoids and these phytonutrients are known to have beneficial anti-inflammatory properties.

Chamomile Flowers (*Matricaria recutita* L.) A well-used and ancient plant, it has traditionally been used to support gastrointestinal spasms and inflammatory diseases of the gastrointestinal tract.



Food Supplement
Directions: 2-4 granules per day before bed or as directed by your health professional.

INGREDIENTS	2 granules/NRV%
Spagyrically activated blend of:	
Senna Leaves Powder	353mg/*
Fallax (<i>Rhamnus alpinus</i> subsp. fallax)	
Cortex/Bark Powder	200mg/*
Cascara Sagrada Bark Powder	153mg/*
Coriander Fruit Powder	55mg/*
Fennel Fruit Powder	55mg/*
Chamomile Flower Powder	51mg/*
Rhubarb Rhizome Powder	40mg/*
Green Anise Fruit Powder	21mg/*
Buckthorn Bark Powder	16mg/*

*NRV not established 25mg e

Gluten/Lactose Free & Vegan

This information is limited to healthcare professionals for clinical research purposes only. These statements have not been evaluated by the MHRA. Food supplements are not a substitute for a varied balanced diet and healthy lifestyle. Ask a health professional prior to use if pregnant, breast feeding, taking medication, under medical supervision or under the age of 12. Do not use if seal is broken or for prolonged periods without consulting your practitioner. This product is not intended to diagnose, treat, cure or prevent any condition or disease. Store in a cool dry place away from sunlight and reach of children.

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Ingredients cont.

Rhubarb Rhizoma (*Rheum palmatum* L.): Traditionally seen to have antibacterial, anti-inflammatory, and antifibrotic properties and may support the regulation of gastrointestinal function.

Green Anise Fruit (*Pimpinella anisum* L.): Various properties such as antimicrobial, antifungal, antiviral, antioxidant, and insecticidal effects have been reported of aniseeds. Anise has traditionally been seen to provide gastric protection, be a muscle relaxant and support the digestive system.

Buckthorn Bark (*Frangula alnus*): This plant contains anthraquinone which are known to gently act on the colon wall to stimulate bowel movement. It's been traditionally used to support abdominal bloating, hepatitis, cirrhosis, jaundice and liver and gall bladder complaints.

References:

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